

OFFICIAL 2005 VOLKSLAUF ENTRY FORM

TEAM NAME _____

ADDRESS: _____

TEAM CATEGORY: (Circle One)

Male BIU Male Non-BIU 40 and over

Female Non-BIU Mixed

TEAM CAPTAIN _____

PHONE _____ AGE _____

ADDRESS: _____

SEX _____ CIVILIAN or MILITARY (Circle One)

RANK (if military): _____

TSHIRT SIZE (Circle One) L XL

TEAM MEMBER #2: _____

PHONE _____ AGE _____

ADDRESS: _____

SEX _____ CIVILIAN or MILITARY (Circle One)

RANK (if military): _____

TSHIRT SIZE (Circle One) L XL

TEAM MEMBER #3: _____

PHONE _____ AGE _____

ADDRESS: _____

SEX _____ CIVILIAN or MILITARY (Circle One)

RANK (if military): _____

TSHIRT SIZE (Circle One) L XL

TEAM MEMBER #4: _____

PHONE _____ AGE _____

ADDRESS: _____

SEX _____ CIVILIAN or MILITARY (Circle One)

RANK (if military): _____

TSHIRT SIZE (Circle One) L XL

TEAM MEMBER #5: _____

PHONE _____ AGE _____

ADDRESS: _____

SEX _____ CIVILIAN or MILITARY (Circle One)

RANK (if military): _____

TSHIRT SIZE (Circle One) L XL

WAIVER RELEASE

REQUIRED FOR ALL PARTICIPANTS

(SIGNATURE OF PARENT OR LEGAL GUARDIAN REQUIRED IF PARTICIPANT IS A MINOR)

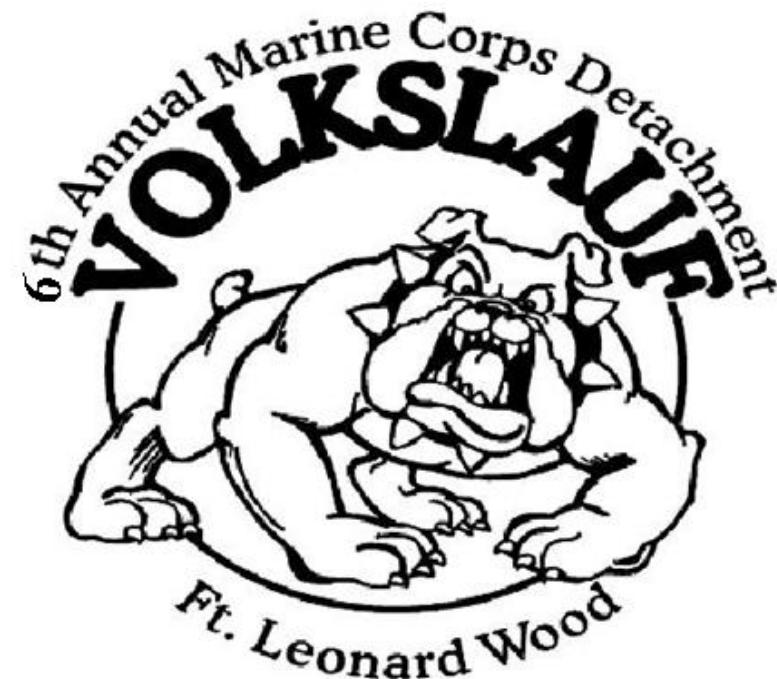
I know that running a road race is a potentially hazardous activity. I know that I should not enter and run this race unless medically able and properly trained. I agree to abide by the decision of a race official as to my ability to safely complete the race. On behalf of myself or the minor on whose behalf I am executing this waiver, I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, crossing waterways, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, the minor and anyone entitled to act on my behalf, or the minor's behalf, waive, release and agree to hold harmless the Marine Corps Detachment, Fort Leonard Wood, Volklauf Sponsor, enclosing dues, race officials or volunteers, their representatives, successors or assigns, from any and all claims of liability of any kind arising out of my, or the minor's, participation in this race. I further authorize and empower the race director to consent and authorize any medical care or treatment for myself, or the minor for whom I executed this waiver, which may appear reasonably necessary as a result of an emergency, accident or illness to myself or said minor, whether occurring before, during or after the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Extreme Cross Country Run

\$60 Entry Fee

For Team of 5

* All Contestants
Receive Tee Shirt
And Chow With Paid
Registration
Cook out after race



* Five Categories:

- Male (Boots and Utes)
- Male (Non-Boots and Utes)
- 40 and Over
- Female (Non-Boots and Utes)
- Mixed gender/
mixed dress

10K Run

June 4th, 2005

* Awards for
1st, 2nd, 3rd
Place Teams
Entire Team Must
Finish To Place

Check-In Time – 0530 hrs
Start Time – 0700 hrs

Start: Davidson Fitness Center Finish: Happy Hollow Park
Shuttle Bus service provided from Happy Hollow back to start point.

POC is Capt Tadena/GySgt Maxwell (573) 596-0131 6-8007/2309

Entry forms are available on the MARDET website: <http://imedetfw telecom.usmc.mil/>

Registration will be held at the H&S Company Office (Bldg 841A) beginning on 3 May to 31 May 2005

